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Thu, 07 Jun 2018 23:26:00 GMT - It's not all bad news! "98% of the 100 trillion cells that made up our body last year are no longer there." Dr. Deepak Chopra, MD, Grow Younger, Live Longer

**Optimal Health & Vitality - edgecast.onegrp.com -**

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- Grow Younger Live Longer. Mar 8, 2015 By Sarah Isaacs in Quick Tips. Do you want to wake up in the morning and bounce out of bed? Here are 5 ways to increase your energy and decrease your biological age: 1. Exercise reduces your risk of diabetes, stroke, cancer and even dementia. Also regular exercise has been found to be the

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